

Blue Sky Outdoor Fitness

Join us for Boot Camp in the Park! Every class is different, fun, and motivating in a supportive, non-competitive environment. Designed to accommodate all levels of fitness, you will be challenged no matter what your level is. We work on cardiovascular endurance, flexibility, and strength training. Bands, weights, medicine balls and other equipment are used for individual and group exercises and partner drills. Price includes before and after assessments. Bring an exercise mat and water. Join any time with on-going registration! **FIRST CLASS FREE!** Register through Redmond Parks and Recreation or directly through instructor with cash or check. For additional information please call instructor Lisa Schrader at 206-406-0809.

Instr: Lisa Schrader

Loc: Perrigo Park Trail

Age: 17+ yrs..... Fee: \$150R/\$180N

37870	Fri, Mon, Wed	Sep 2-28	9:30-10:30am
37871	Mon, Wed, Fri	Oct 3-28	9:30-10:30am
37872	Wed, Fri, Mon	Nov 2-28	9:30-10:30am
37873	Fri, Mon, Wed	Dec 2-30	9:30-10:30am

Hydrostatic Weighing Truck

AKA "The Fat Truck"

Hydrostatic analysis is an underwater method of accurately determining a person's body fat to lean tissue. Takes about 10 minutes. Bring swimsuit and towel. The cost for this test is only \$49, retests are only \$35. It will provide you a detailed report. Including;

- A reference table showing where you are and where you could be for setting achievable goals
- Your resting metabolic rate and total caloric burn during specific exercise
- Accurate assessment of your body fat percent and lean mass
- Detailed tracking of previous tests
- DEXA bone density tests also (only \$88 for both tests)
- Pay on site. No pre-registration.

Instr: TBA

Loc: Old Redmond Schoolhouse Community Center Parking Lot

Age: 18+ yrs..... Fee: \$49

Sat	Sep 17	7am-1pm
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jazzercise®

Jazzercise of Redmond and Sammamish

Register before any class. Check out our website at www.redmondjazz.com for additional class info and pricing or call 425-898-1561.

Push your body- find your beat! Each 60-minute Jazzercise class offers a fusion of jazz dance, resistance training, Pilates, yoga and kickboxing movements into easy to follow dance routines. Benefits include increased cardiovascular endurance, strength and flexibility, as well as an overall feel good factor.

Loc: Old Redmond Schoolhouse Community Center Gym or Auditorium

Age: 13+ yrs

Mon-Fri	9:30-10:30am*	Ongoing
Mon, Tue, Thu	5:30-7:30pm	Ongoing
Mon, Wed, Fri	6-7am	Ongoing
Mon, Wed, Fri	8-9am*	Ongoing
Saturday	8:30-9:30am	Ongoing

*Childcare available -\$2 per child in the 8am & 9:30am

Loc: Pine Lake Community Center, Sammamish Schedule

Mon & Fri	9:30-10:30am	Ongoing
Wed	8-9am	Ongoing

Jazzercise Personal Touch

A unique approach to personal training in a small group setting with your instructor, Personal Touch is designed to increase your muscle tone and fitness level by focusing on varying muscle groups and techniques designed to help you achieve maximum results. First class is free. \$120 plus tax for 8 class session or \$20 plus tax walk in per class.

Location: Old Redmond Schoolhouse Community Center Gym or Auditorium

Age: 13+ yrs

Mon, Tue, Wed, Thu	8:35-9:15AM*
Sat	7:35-8:15 AM

*Childcare available -\$2 per child in the 8am & 9:30am

RSC-Laugh-It's Good Exercise

Have fun and benefit your whole body - physically, mentally, emotionally. This program (sometimes called Laughter Yoga) is a combination of fun, playful laughter exercises and deep breathing exercises and is a great way to reduce stress. Boost your immune system. Increase oxygen to body and brain. Promote relaxation. Laughter is a fun, healthy cardio exercise. Drop in fee \$3.

Instr: Marilyn Fogelquist

Loc: Senior Center Room 103

Age: 18+ yrs..... Fee: \$10R/\$12N

37840	Mon	Sep 12-Oct 3	1:30-2:30pm
37841	Mon	Oct 10-Oct 31	1:30-2:30pm
37842	Mon	Nov 7-28	1:30-2:30pm
37843	Mon	Dec 5-19	1:30-2:30pm



RSC-NIA Technique

In Swahili, Nia means with purpose; it also stands for Neuromuscular Integrative Action. It is an expressive fitness program that teaches a holistic approach to health. By blending movement, free expression, some elements of dance, T'ai Chi, Yoga, and other forms of movement, you can get an incredible workout! NIA movements are designed to work in a range of motion making your joints feel free and relaxed. This class is very popular and fun! Drop in fee \$8.

Instr: Veronica Connolly-Bagshaw

Loc: Senior Center Multipurpose Room

Age: 18+ yrs..... Fee: \$42S/\$42R/\$50N

34897	Tue, Thu	Sep 6-29	6-7pm
34898	Tue, Thu	Oct 4-27	6-7pm
34899	Tue, Thu	Nov 1-29	6-7pm

Age: 18+ yrs..... Fee: \$27S/\$27R/\$32N

34900	Thu, Tue	Dec 1-15	6-7pm
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RSC-Senior Advanced Strength Training with Jody

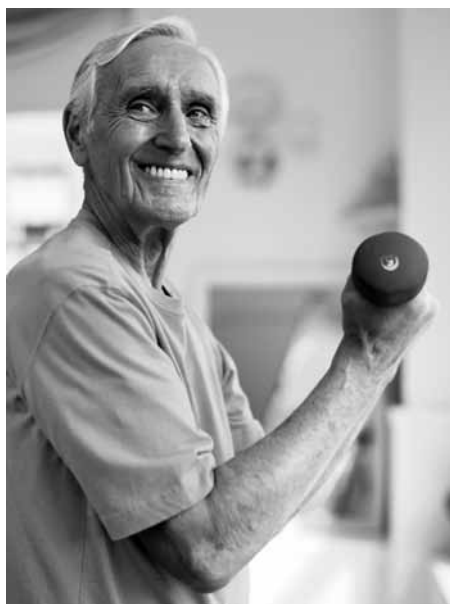
Now is your chance to get individual fitness coaching from our great fitness instructor, Jody Martin. This small class is designed to challenge, strengthen, sculpt and increase lean muscle tone. Learn new techniques using weights, bands, tubing and body balls. It will feel like you have a personal trainer in this small group setting which incorporates a circuit-training format. Come join the fun, get lots of individual attention, and build a stronger body! Please bring an exercise mat and water bottle. Eight sessions each month, maximum class size 10.

Instr: Jody Martin

Loc: Senior Center Multipurpose Room

Age: 18+ yrs.....Fee: \$51S/\$51R/\$61N

38166	Tue,Thu	Sep 6-29	8-8:45am
38167	Tue,Thu	Oct 4-27	8-8:45am
38168	Tue,Thu	Nov 1-29	8-8:45am
38170	Thu,Tue	Dec 1-20	8-8:45am



RSC-Senior Cardio

Designed to improve your agility and cardio-respiratory endurance through the use of low impact and easy dance movements. Set to upbeat music, this class is sure to be lots of fun! Offered for ages 50+. Fee is based on the number of opportunities to exercise each month. Please bring an exercise mat and a water bottle.

Instr: Jody Martin

Loc: Senior Center Multipurpose Room

Age: 50+ yrsFee: \$23

34869 Mon,Wed Sep 7-26 10:15-11am

Age: 50+ yrsFee: \$34

34870 Mon,Wed Oct 3-31 10:15-11am

Age: 50+ yrsFee: \$30

34871 Mon,Wed Nov 2-30 10:15-11am

Age: 50+ yrsFee: \$13

34872 Mon,Wed Dec 5-12 10:15-11am

RSC-Senior Strength

Designed to improve your balance, strength and muscle tone. With the use of a chair, light weights and tubing, you will learn specific exercises to work all the major muscle groups in your body. Offered for ages 50+. Fee is based on the monthly number of opportunities to exercise. Please wear comfortable clothing and bring a water bottle. Register early. This class does fill up quickly!

Instr: Jody Martin

Loc: Senior Center Multipurpose Room

Age: 50+ yrs.....Fee: \$29

34885 Tue,Thu Sep 1-29 9-9:45am

Age: 50+ yrs.....Fee: \$26

34886 Tue,Thu Oct 4-27 9-9:45am

Age: 50+ yrs.....Fee: \$23

34887 Tue,Thu Nov 1-29 9-9:45am

Age: 50+ yrs.....Fee: \$14

34888 Tue,Thu Dec 1-13 9-9:45am

RSC-T'ai Chi Chuan - Beginning

Learn the slow and graceful movements of T'ai Chi Chuan. Our instructor, Stefanie Russell, teaches traditional Yang Family T'ai Chi Chuan, the most commonly practiced style throughout the world today. Daily practice of T'ai Chi Chuan ultimately leads one to self-development, self-healing and harmony with the universe. Benefits include improved strength, coordination, posture, concentration and general energy level. T'ai Chi also aids in memory enhancement, improves breathing and relieves stress.

Instr: Stefanie Russell

Loc: Senior Center Room 109

Age: 18+ yrs.....Fee: \$42S/\$42R/\$48N

34771 Thu Sep 8-29 11:15am-12:15pm

34772 Thu Oct 6-27 11:15am-12:15pm

Age: 18+ yrs.....Fee: \$47S/\$47R/\$56N

34773 Thu Nov 3-Dec 8 11:15am-12:15pm



RSC-T'ai Chi Chuan - ongoing

For student that have completed the introductory series and wish to continue to practice together. Instructor permission required.

Instr: Stefanie Russell

Loc: Senior Center Multipurpose Room

Age: 18+ yrs.....Fee: \$32S/\$32R/\$36N

34793 Thu Sep 8-29 10:15-11:15am

Age: 18+ yrs.....Fee: \$42S/\$42R/\$48N

34794 Thu Oct 6-27 10:15-11:15am

Age: 18+ yrs.....Fee: \$47S/\$47R/\$56N

34795 Thu Nov 3-Dec 8 10:15-11:15am

TRX[®] Suspension Training

Suspension Training[®] is an exercise modality that builds full-body power, strength, balance, flexibility and mobility. This system also stabilizes and strengthens your core with each and every exercise! Using your own body weight as leverage, the exercises allow your muscles to work together in groups providing a safe low impact full body workout. This training is now being incorporated in high performance sports training within in the NFL, NBA, MLB and NHL.

For class times and information, see page 35.



RSC-Walk with Ease Program, Arthritis Foundation

Whether you don't know how to get started or you can't find the time, Walk with Ease can help you take the first step toward making exercise a habit. The Walk with Ease program:

- helps you develop a walking plan that meets your particular needs,
- helps you stay motivated, helps you manage your pain, and
- teaches you to exercise safely.

It is an important part of helping keep your muscles strong and your joints stable. Walk with Ease will help boost your energy, reduce your stress and control your weight.

The Walk with Ease materials are based on programs which have been successfully implemented in research settings and have resulted in such benefits as increased physical activity, increased walking distance and speed, decreased pain and decreased depression.

Co-Sponsored by the Arthritis Foundation

Instr: Senior Center Staff

Loc: Senior Center Room 107

Age: 50+ yrs.....Fee: \$12

38161 Mon, Wed, Fri Sep-Oct 21 10:30-11:30am

Bill Burns



At 46, I changed my career focus from the software industry to the fitness industry. This change began when I was diagnosed with severe narcolepsy. I discovered when I exercised, my narcolepsy symptoms would recede. As a personal trainer, I have the opportunity to not only help myself but to help others take back control of their lives.

Mobility, Strength and Balance Training • NEW!

This class is designed to improve your mobility, strength and balance using the TRX Suspension Training System. You'll learn how to use your own bodyweight as the resistance used in your strength training. You will work on improving your balance in a safe and well supported environment. We will custom fit a variety of mobility exercises that will take into account how you move and the things you do on a daily basis. Best of all, you are in complete control of the exercise intensity throughout the entire session. Keep in mind that the work you do in this class (and beyond) can decrease your risk of falling thus reducing your risk of osteoporosis-related fractures. To get the most out of this class, please wear comfortable clothes, wear supportive shoes, bring a mat and bring a water bottle.

Instr: Bill Burns

Loc: Anderson Park Adair House

Age: 17+ yrs.....Fee: \$33R/\$40N

37995 Fri, Wed Sep 2-30 12-12:45pm

Age: 17+ yrs.....Fee: \$30R/\$36N

37996 Wed, Fri Oct 5-28 12-12:45pm

37998 Fri, Wed Dec 2-30 12-12:45pm

Age: 17+ yrs.....Fee: \$27R/\$32N

37997 Wed, Fri Nov 2-30 12-12:45pm

TRX Suspension Training • NEW!

This class will be taught by a Personal Trainer that is a certified TRX Suspension Instructor. Please wear appropriate athletic clothes and athletic supportive shoes and bring a mat and a water bottle.

Instr: Bill Burns

Loc: Anderson Park Adair House

Age: 17+ yrs.....Fee: \$40R/\$48N

37974 Wed, Mon Sep 7-28 6-7pm

37977 Mon, Wed Dec 5-28 6-7pm

Age: 17+ yrs.....Fee: \$50R/\$60N

37987 Thu, Tue Sep 1-29 7-8am

37975 Mon, Wed Oct 3-31 6-7pm

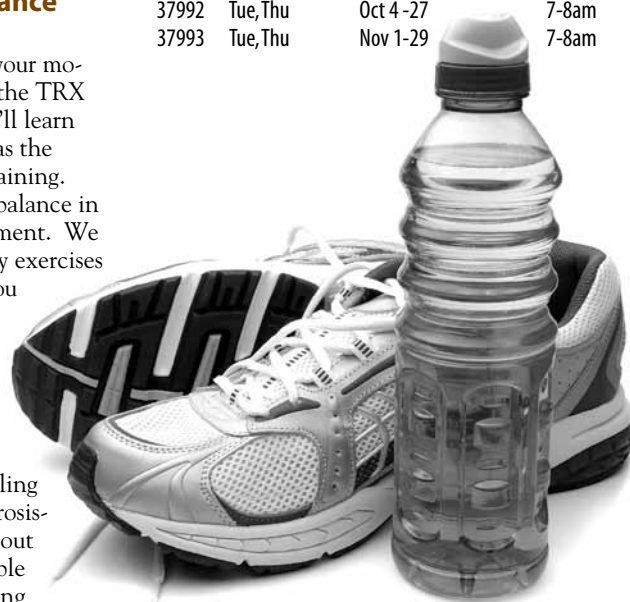
37976 Wed, Mon Nov 2-30 6-7pm

37994 Thu, Tue Dec 1-29 7-8am

Age: 17+ yrs.....Fee: \$45R/\$54N

37992 Tue, Thu Oct 4-27 7-8am

37993 Tue, Thu Nov 1-29 7-8am



HOW TO READ CLASS INFORMATION

Adult Trail Ride Class name Description

This program is designed for the recently experienced adult horsemen. The trail ride through the forest at Farrel-McWhirter is unique and invigorating.

Loc: Farrel-McWhirter Park Barn Location

Age: 18+ yrs.....Fee: \$35S/\$35R/\$42N

30569 Fri Apr 23 4:10-5:30pm

Class # Class Days Date Class Time

Senior Fee Resident Fee Non-Resident Fee



Zumba

ZUMBA® is a great cardiovascular workout set to dynamic Latin rhythms with easy to follow moves from Latin dances including Merengue, Bollywood, Salsa and more. Great for beginners and those wanting to go at a slower pace. Teresa focuses on the dance movements and makes sure everyone learns the steps. Classes at the Sr. Center are open to all adults. Please wear comfortable loose clothing, sneakers and bring water.

Instr: Teresa Osborn

Loc: Senior Center Multipurpose Room (SC) & Senior Center Multipurpose Room (ORSCC)

Age: 18+ yrs..... Fee: \$20S/\$20R/\$24N

38037	Tue	Sep 6-27	10:50-11:50am	SC
38038	Tue	Oct 4-25	10:50-11:50am	SC
38039	Wed	Sep 7-28	5:30-6:30pm	ORSCC
38040	Wed	Oct 5-26	5:30-6:30pm	ORSCC
38041	Fri	Sep 9-30	11:30am-12:30pm	SC

Age: 18+ yrs..... Fee: \$15S/\$15R/\$18N

38042	Fri	Oct 7-28	11:30am-12:30pm	SC
38043	Mon	Sep 12-26	5:30-6:30pm	SC

Age: 18+ yrs..... Fee: \$25S/\$25R/\$30N

38044	Mon	Oct 3-31	5:30-6:30pm	SC
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Age: 18+ yrs..... Fee: \$10S/\$10R/\$12N

38045	Mon	Dec 5-12	5:30-6:30pm	SC
38046	Tue	Dec 6-13	10:50-11:50am	SC
38047	Wed	Dec 7-14	5:30-6:30pm	ORSCC

Zumba Fitness

ZUMBA® fitness is a Latin-inspired dance aerobics class using intervals and body weight resistance to burn fat and sculpt your body. It's the ultimate dance party spiced up with fast and slow rhythms from Latin and international music. Previous Zumba experience is encouraged but not required. \$5 Drop-ins allowed as space permits.

Instr: Jamie Lynn Segura

Loc: Old Redmond Schoolhouse Community Center Auditorium

Age: 17+ yrs..... Fee: \$30R/\$36N

37787	Thu	Sep 8-Oct 13	7-8pm
37788	Tue	Sep 6-Oct 11	7-8pm

Age: 17+ yrs..... Fee: \$60R/\$72N

37789	Tue	Oct 18-Jan 3	7-8pm
37790	Thu	Oct 20-Jan 12	7-8pm

RSC-Zumba Gold

ZUMBA® Gold class is designed for active older adults, anyone who has not been exercising lately or individuals who may be limited physically. Taught at a lower intensity, the class lasts about 40 minutes and includes a warm up and cool down. It is just as much fun just not as fast; and utilizes the same great Latin music and dances as other Zumba classes.

Instr: Teresa Osborn

Loc: Senior Center Multipurpose Room

Age: 18+ yrs..... Fee: \$20S/\$20R/\$24N

38061	Tue	Sep 6-27	10-10:45am
38062	Tue	Oct 4-25	10-10:45am

Age: 18+ yrs..... Fee: \$10S/\$10R/\$12N

38063	Tue	Dec 6-13	10-10:45am
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Enso Center

Enso Center is a non-profit international arts organization offering quality instruction in martial arts, fine arts, archery and other cultural classes. In addition, we offer healing therapies such as acupuncture, massage and homeopathy. Our martial arts programs focus on the health of the person as a whole, encouraging proper body movement and a body-mind connection. All classes are taught in a safe, positive environment by highly skilled, black belt level instructors, passionate about sharing their art with others. People of all fitness and skill levels are welcome. Enso Center, 8708 196th Ave NE, Redmond, WA 98053, 425-869-0276, www.ensocenter.org

Martial Arts - Hapkido Introduction

Hapkido (harmony energy way) is a complete martial arts system that includes empty hand, kicking, and wooden sword/staff practice, an excellent art for self defense. This beginners class is designed to introduce you to the art in a non-competitive, safe environment, with and without partners. Benefits include increased physical fitness, flexibility, strength and balance, improved confidence, and a more peaceful mind.

Loc: ENSO Center ENSO Center Studio

Age: 6+ yrs..... Fee: \$65R/\$78N

37668	Thu, Tue	Sep 1-29	5:30-6:45pm
37669	Tue, Thu	Oct 4-27	5:30-6:45pm
37670	Tue, Thu	Nov 1-29	5:30-6:45pm
37671	Thu, Tue	Dec 1-29	5:30-6:45pm

Martial Arts - TaeKwonDo

Taekwondo, foot-hand way, practices kicking and empty hand techniques. Flexibility, strength, balance, and self confidence are all improved through this practice. We welcome people of all ages - 6 through adult, families encouraged. Taught by qualified black belt instructors, with a focus on health of the body and mind, mutual respect and an enjoyable workout!

Loc: ENSO Center ENSO Center Studio

Age: 6+ yrs..... Fee: \$65R/\$78N

37689	Wed, Mon	Sep 7-28	4-5pm
37690	Mon, Wed	Oct 3-31	4-5pm
37691	Wed, Mon	Nov 2-30	4-5pm
37692	Mon, Wed	Dec 5-28	4-5pm
37693	Thu, Tue	Sep 1-29	4-5pm
37694	Tue, Thu	Oct 4-27	4-5pm
37695	Tue, Thu	Nov 1-29	4-5pm
37696	Thu, Tue	Dec 1-29	4-5pm



Tai Chi

Class focuses on health of the whole person with a series of relaxed breathing and strengthening exercise (Chi Kung). We practice a pattern slowly, with emphasis on healthy joints and movement, with a strong, relaxed body and mind. Tai Chi is practiced for balance, strengthening and stretching the body, increasing energy (chi) flow, and calming the mind. People of all levels and physical abilities. We practice Chinese Yang style forms and Korean Kwon Bup forms.

Loc: ENSO Center ENSO Center Studio

Age: 12+ yrs..... Fee: \$70R/\$84N

37697	Fri	Sep 1-29	11am-12pm
	Thu, Tue	Sep 1-29	7-8:15pm
37698	Fri	Oct 4-27	11am-12pm
	Tue, Thu	Oct 4-27	7-8:15pm
37699	Fri	Nov 1-29	11am-12pm
	Tue, Thu	Nov 1-29	7-8:15pm
37700	Fri	Dec 1-29	11am-12pm
	Thu, Tue	Dec 1-29	7-8:15pm